roughening the entire top surface;

providing a thermosetting top adhesive layer of a second thickness over the entire roughened top surface;

placing a sintered top metal lining of a third thickness over the entire top adhesive layer;

bonding the top metal lining to the metal core via the top adhesive layer under a pressure of around 25 to around 1000 psi and a temperature of around 374 to 475 degrees Fahrenheit for greater than approximately thirty seconds to activate the thermosetting top adhesive layer.

25. (New) The method of claim 24 further comprising the steps of:

cleaning the entire bottom surface;

roughening the entire bottom surface;

providing a thermosetting bottom adhesive layer substantially equal to the second thickness over the entire roughened bottom surface;

placing a sintered bottom metal lining substantially equal to the third thickness over the entire bottom adhesive layer;

bonding the bottom metal lining to the metal core via the bottom adhesive layer under a pressure of around 25 to around 1000 psi and a temperature of around 374 to 475 degrees Fahrenheit for greater than approximately thirty seconds to activate the thermosetting bottom adhesive layer.

26. (New) The method of claim 25 wherein the top metal lining and the bottom metal lining have a different composition.

27. (New) An adhesive bonded sintered plate comprising:

a metal core of a first thickness, the metal core having a top surface, a bottom surface, and a melting temperature not substantially greater than 1220 degrees Fahrenheit;

a top adhesive layer of a second thickness, the top adhesive layer covering the entire top surface;